

# RECIPE ANALYSIS

Recipe Name : JAY2  
Serving Size : 1 EACH

Recipe Desc : Stir-Fry Teriyaki Turkey  
Prep Time :

Author :  
Cook Time :

Yield : 1

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
<b>Calories 680.61</b>	<b>Calories from Fat 272.74</b>	
% Daily Value		
<b>Total Fat</b>	<b>30.30 g</b>	<b>47%</b>
Saturated	5.59 g	28%
PolyUnSat	18.16 g	n/a
MonoUnSat	3.82 g	n/a
<b>Cholesterol</b>	<b>94.35 mg</b>	<b>31%</b>
<b>Sodium</b>	<b>1800.56 mg</b>	<b>75%</b>
<b>Potassium</b>	<b>907.88 mg</b>	<b>26%</b>
<b>Total Carbs</b>	<b>65.15 g</b>	<b>22%</b>
Dietary Fiber	4.07 g	16%
Sugars	8.65 g	n/a
<b>Protein</b>	<b>40.69 g</b>	
Vitamin A - 152%	Vitamin C - 182%	
Calcium - 5%	Iron - 12%	
Vitamin E - n/a	Thiamin - 11%	
Riboflavin - 15%	Niacin - 42%	
Vitamin B6 - 46%	Folic Acid - 13%	
Vitamin B12 - 10%	Pantothenic Acid - 11%	
Phosphorous - 35%	Magnesium - 16%	
Zinc - 18%	Copper - 5%	
Percent Daily Values are based on a 2,000 calorie diet.		
Calories Per Gram:		
Fat 9 * Carbohydrates 4 * Protein 4		

Fat Soluble Vitamins	
Vitamin D	0.441 mcg
Vitamin D	17.418 IU
Vitamin E	0.003 mg
Vitamin E	0.311 IU
Vitamin E	0.000 alp
Vitamin K	4.859 mcg
Vitamin A	7610.867 IU
Vitamin A	1411.585 RE

Water Soluble Vitamins	
Thiamin B1	0.170 mg
Riboflavin B2	0.251 mg
Niacin B3	n/a
Niacin B3	8.419 mg
Pyridoxine B6	0.926 mg
Cobalamin B12	0.609 mcg
Pantothenic Acid	1.138 mg
Vitamin C	108.901 mg
Folic Acid	53.616 mcg

Minerals	
Phosphorus	345.226 mg
Zinc	2.717 mg
Magnesium	62.870 mg
Copper	0.102 mg
Selenium	32.545 mg
Iron	2.222 mg
Calcium	53.904 mg
Manganese	0.232 mg
Iodine	n/a

US Diabetic Exchanges	
Not Available.	
Starch	n/a
Fruit	n/a
Milk (Skim)	n/a
Milk (2%)	n/a
Milk (Whole)	n/a
Other Carbs	n/a
Vegetables	n/a
Meat (Very Lean)	n/a
Meat (Lean)	n/a
Meat (Med. Fat)	n/a
Meat (High Fat)	n/a
Fat	n/a

School Equivalents	
Not Available.	
Meat/Meat Alternative	n/a
Fruits/Vegetables	n/a
Grains/Breads	n/a

Source Of Calories

